

Travel Tips from the Warriors to Lourdes Medical Staff

Medical Insurance Card & COVID-19 Vaccination Card (if available)

- Bring them with your travel documents, you may need them on the ground.

Medications:

- International travel may be interrupted far from home for many reasons, for this pilgrimage, please bring a **30-DAY SUPPLY of ALL** your prescription medications in the **original prescription bottles**. Pack them in your carry-on bag, where they will be with you at all times. Our medical staff cannot write prescriptions for you in France. The Sanctuary clinic can help with some common items and provide prescriptions; you would then need to go into town to fill and purchase them.
- Over the counter medications are locally available; you will need to pay in euros or by credit card for them if needed. We recommend bringing your own OTC medications.
- Always **HAND-CARRY** your medications and essential medical equipment **in your hand luggage** . **DO NOT CHECK THEM!** If luggage is lost or delayed, you may be on your way home before you see that bag again.
- Please do not bring any products that contain **cannabis**. These are not legal for TSA, France, and certain other international travel.

Allergies:

- If you have an **EpiPen**, bring it with you.

Dietary restrictions:

- Our hotel hosts are eager to accommodate any and all dietary restrictions.

Electronic devices, including CPAP machines:

- Remember to **bring adapters** for all your electronic devices, especially your CPAP.
- Most CPAP machines are dual voltage. However, check the voltage capability on your machine. If you need a converter, please bring that with you as well.
- For CPAP machines –please bring your own distilled water.
- Always **HAND-CARRY your CPAP**. It does not count as a carry-on.

Physical limitations and wheelchair needs:

- We recommend wheelchairs when your providers have done so. Many events will involve prolonged standing or walking. If you have any medical changes, please make sure to let your trip leader know.
- We arrange for local rental of wheelchairs at Lourdes for those who have been identified by the Medical Staff.

Personal wheelchairs:

- If you are bringing your own wheelchair, you need to provide the airline with the specifications, especially if you have a motorized wheelchair. Whether you use a motorized or manual wheelchair, we need to know ahead of time, so we properly arrange bus transport to and from the airport near Lourdes.

Optional items to consider bringing:

- Airtags for your luggage.
- COVID-19 Home Tests.
- KN-95 Masks.

Bring a reusable water bottle:

- The weather may be very warm and there is a lot of walking on the pilgrimage. They do sell water bottles locally, but it is cheaper to bring your own.
- The water from the outdoor faucets in the Lourdes Sanctuary is safe to drink. It is holy water from the spring.

Vaccinations:

- We recommend that you maintain currency in your vaccination status. We will be living and traveling in close quarters. Lourdes will be packed with pilgrims from all over the world. Many of the pilgrims will be ill; immuno-suppression is common.
- You can **protect yourself and your fellow-pilgrims** by being current on your vaccinations, maintaining your hand hygiene, and wearing a face mask if you are ill.
- We are attaching the current **CDC schedule of vaccine recommendations for adults**.
- As always, please consult your medical provider for specific questions and/or concerns.

The WTL medical staff and local support:

- Every year we have a number of nurses, doctors and psychologists who come as volunteers. They are happy to assist you, and often have some basic equipment and medications with them. We will be prepared to provide first aid and initial assessment to stabilize and to arrange transport to more definitive care.
- The Lourdes Sanctuary has a **basic medical clinic for pilgrims**, and the staff is very helpful. They perform basic assessments and triage and have some medications on hand, but they do not have x-ray or lab capabilities.
- We will have a few translators with us, but please note that translation slows the evaluation process down.
- The clinic staff, as well as all volunteers, are accustomed to dealing with gravely ill pilgrims; but they are not configured to provide inpatient or sustained care.
- The local hospital, situated about one mile from the Sanctuary and our hotels, has a nice ER; and the staff is helpful.
- If you require an ambulance, you are responsible to pay for the ride ~ 100 Euros in cash. The Sanctuary clinic may arrange for alternative transport if deemed medically appropriate.

Medical Safety Recommendations while in Lourdes:

- If you have a medical emergency, the European equivalent of “9-1-1” is “1-1-2” which must be dialed on a European phone. The operator will be speaking French. Be resourceful.
- If you have symptoms of illness, please wear a mask (if you have one) and contact your trip leader/medical volunteer as soon as possible.

You need vaccines throughout your life!

2025 Recommended Immunizations for Adults Aged 19 Years and Older




Want to learn more?
Scan this QR code to find out which
vaccines you may need. Or visit:
www2.cdc.gov/nip/adultimmsched/



Staying **up to date** on your vaccines is one of the best things you can do to protect your health.

If you are pregnant or have a medical condition that puts you at higher risk for infections, talk to your health care provider about which vaccines are right for you.

KEY

-  ALL adults in age group should get the vaccine.
-  SOME adults in age group should get the vaccine.
-  Adults should talk to their health care provider to decide if this vaccine is right for them.

VACCINE	19–26 YEARS	27–49 YEARS	50–64 YEARS	65+ YEARS
COVID-19	Aged 64 and younger: At least 1 dose of the current COVID-19 vaccine.			65+: At least 2 doses.
Influenza/Flu	Every Year			
RSV	If pregnant during RSV season		If aged 60 through 74 years	If aged 75 years or older
Tdap/Td	Tdap every pregnancy. Td/Tdap every 10 years for all adults.			
MMR	If aged 68 years or younger			
Chickenpox	If U.S. born and aged 45 years or younger			
Shingles				
HPV	Aged 27–45 years			
Pneumococcal				
Hepatitis A				
Hepatitis B	Through 59 years			
Meningococcal				
Hib				
Mpox				

What diseases do these vaccines protect against?

ADULTS AGED 19 YEARS AND OLDER

VACCINE-PREVENTABLE DISEASE	DISEASE COMPLICATIONS	NUMBER OF VACCINE DOSES
COVID-19 Contagious viral infection of the nose, throat, or lungs; may feel like a cold or flu	Pneumonia, blood clots, liver, heart, or kidney damage, long COVID, death	1 or more doses of the current COVID-19 vaccine depending on age or health status. For more information: www.cdc.gov/covidschedule
Influenza (Flu) Contagious viral infection of the nose, throat, and sometimes lungs	Pneumonia, sinus and ear infections, worsening of underlying health conditions like heart and lung disease, death	1 dose each year
RSV (Respiratory syncytial virus) Contagious viral infection of the nose, throat, and sometimes lungs	Pneumonia, inflammation of the small airways in the lung; especially dangerous for infants, young children, and older adults	1 dose
Tetanus (Lockjaw)* Infection caused by bacterial spores found in soil and dust everywhere; spores enter the body through wounds or broken skin	Sudden, involuntary muscle spasms, jaw cramping, seizures, broken bones, difficulty breathing, death	3 doses if not already vaccinated 1 booster every 10 years 1 dose for dirty wounds
Diphtheria* Contagious viral infection of the nose, throat, and sometimes lungs	Thick, gray, build up in throat or nose makes breathing and swallowing difficult, heart failure, brain injury, coma, death	3 doses if not already vaccinated 1 booster every 10 years
Pertussis (Whooping Cough)* Contagious bacterial infection of the lungs and airway	Severe coughing fits, life-threatening pause in breathing, pneumonia, death; especially dangerous for babies	3 doses if not already vaccinated 1 dose every pregnancy
Measles (Rubeola)[†] Contagious viral infection that causes high fever, cough, red eyes, runny nose, and rash	Brain swelling, pneumonia, death	1 or 2 doses
Mumps[†] Contagious viral infection that causes fever, tiredness, swollen cheeks, and tender swollen jaw	Brain swelling, painful and swollen testicles or ovaries, deafness, death	1 or 2 doses
Rubella (German Measles)[†] Contagious viral infection that causes low-grade fever, sore throat, and rash	Very dangerous in pregnant women; can cause miscarriage or stillbirth, premature delivery, severe birth defects	1 or 2 doses
Chickenpox (Varicella) Contagious viral infection that causes fever, headache, and an itchy, blistering rash	Infected sores, brain swelling, pneumonia, death	2 doses
Shingles (Zoster) Caused by the chickenpox virus, which hides in the body and sometimes reactivates later in life	Severe blistering rash on one side of the face or body; long-term nerve pain, hearing damage, blindness, death	2 doses
HPV (Human papillomavirus) Contagious viral infection spread by sexual contact; sometimes causes genital warts	Many types of cancers including cancers of the cervix, vagina, penis, anus, and throat	2 or 3 doses
Pneumococcal Bacterial infections of ears, sinuses, lungs, or bloodstream	Depends on the part of the body infected, but can include pneumonia, blood poisoning, infection of the lining of the brain and spinal cord, death	1 or 2 doses
Hepatitis A Contagious viral infection of the liver spread by contaminated food or drink or close contact with an infected person	Liver failure, yellow skin or eyes, stomach pain, vomiting, fever, diarrhea, fatigue, death	2, 3, or 4 doses depending on vaccine used
Hepatitis B Contagious viral infection of the liver spread through contact with infected body fluids such as blood or semen	Liver failure, yellow skin or eyes, stomach pain, vomiting, fever, diarrhea, fatigue, death	2, 3, or 4 doses depending on vaccine used
Meningococcal Bacterial infection of the lining of the brain and spinal cord or the bloodstream	Fever, headache, stiff neck, light sensitivity, confusion, loss of arm or leg, deafness, seizures, death	1 or more doses depending on vaccine used, medical condition, where patient lives or works
Hib (Haemophilus influenzae type b) Bacterial infection that can attack the lungs, brain and spinal cord, or bloodstream	Brain damage, hearing loss, loss of arm or leg, death	1 or 3 doses depending on medical condition
Mpox Contagious viral infection spread by sexual contact; causes a painful rash, fever, headache, tiredness, cough, runny nose, sore throat, swollen lymph nodes	Infected sores, brain swelling, pneumonia, eye infection, blindness, death	2 doses

***Tdap** protects against tetanus, diphtheria, and pertussis

***Td** protects against tetanus and diphtheria

[†]**MMR** protects against measles, mumps, and rubella